



A Strength & Fitness Program for Cancer Patients and Survivors

Program Overview

Living Strong Living Well is a 12-week small group program designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and/or disease. Our classes help patients build muscle mass and strength, increase flexibility and endurance, improve functional ability, and increase their quality of life.

Exercise and weight training can help reduce the severity of therapy side effects, prevent unwanted weight changes, and improve energy levels and self-esteem. Ultimately, we want to assist participants in developing their own physical fitness program so that they can continue to practice a healthy lifestyle.

Instructors

Our certified fitness instructors are trained in offering supportive care for cancer patients. They give personalized instruction to each participant, with an understanding of the physical and emotional elements that may accompany cancer treatment.

Cost

The program is available to participants at no cost. The program consists of one 12-week session that meets 2x/week for 75 minutes.

Criteria For Participation

This class is recommended for people who are in or who have recently completed cancer treatment and have the approval of their doctors to participate.

- Have a strong personal desire—participant needs to self-enroll in the program
- Commit to attending all classes
- Give permission for exercise specialist to contact physician (or treatment provider) when necessary
- Participants do not need to be patients of Stanford Health Care

Location

Stanford Health Care – ValleyCare

1119 E Stanley Blvd
Livermore, CA 94550

2022 Sessions

Winter Session: January 10 – March 31

Summer Session: May 9 – July 28

Fall Session: August 29 – November 17

Living Strong Living Well

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To learn more and register*

Email: LSLW@stanfordhealthcare.org

*Advance registration required.

Class size limited.



ValleyCare